

## ANGEL BOX

A fun activity for your children this month can be to create an "Angel Box" filled with their requests for the angels.

Here's how to start:

1. Have your child choose a box (with a lid that can close) that will be their "Angel Box." They can keep this box plain or draw / decorate it any way they would like. (Glitter, feathers, stickers, and other crafty mediums can be fun ways to decorate)
2. Print out the Angel Wings (see page 3) that they can use to cut out (with your assistance if needed) into individual wings, or let them draw and cut their own wings if they prefer.
3. Once they have cut out Angel wings, they can write down "Angel Requests" on each wing, coloring and decorating the wings as they please.
4. **Angel Yofiel:** Explain to your child that every time they are feeling bad about themselves or other kids, they can ask Yofiel to help them reconnect to the beauty in themselves and others. Ask your child if there is anything that they are feeling bad about, and let them know they can write on a blank wing their request for support to Angel Yofiel to transform what they see as bad into the opportunity to see beauty and goodness.
5. **Angel Yariel:** You can remind your child that every time they feel alone or like they need assistance, they can always ask Angel Yariel for help. Ask your child if there is anything they are feeling lonely about or that they need assistance with, and let them know they can write their request for support on a blank wing to Angel Yariel and ask him to connect them to their soul – their inner Light – which is always there to guide them. Remind them, if they know and connect to their inner voice and the strength of their soul, they won't feel lonely.
6. **Angel Koel:** You can explain to your kids about the bucket always having to go down to get water from the well as a symbol that often times it helps to lower the ego when fighting with a parent or friend or sibling in order to be able to receive the strength to resolve their upsetting situations with mercy. Perhaps for them to lower the bucket is apologizing first, making a compromise, or taking responsibility... Ask them if they have a current situation like that, and if they do, they can write on a blank Angel wing a request to Koel to help them reconnect to their soul with love and mercy when their Opponent Voice is trying to take over- so they can lower their ego and see, hear, and feel more clearly how to bring mercy into the situation.

7. Throughout the month, as opportunities arise, remind your child to take a blank Angel wing and ask one of the angels they feel can help them for support, and then place the request in their Angel box. They can keep their request private, or you all can have a conversation about their requests if that feels helpful for your child.
8. As the month comes to an end, choose a time to reflect upon all the Angel wing requests your child has written and bring a helium balloon with a string attached to it. As they read each note (privately or with you), have them put a small hole in the wing and one by one tie each wing to the balloon string; once they have tied all the wings, whenever they are ready, let them go outside. Encourage your child to close their eyes and release the balloon as they think about all the things they did in the past month that they wrote on the wings and all the future opportunities they will have to connect to the angels.
9. Let your child share and reflect with you about their different experiences connecting to the angels.

**On the next page, you will find printable Angel wings for cutting!  
Feel free to print as many as you like!**

